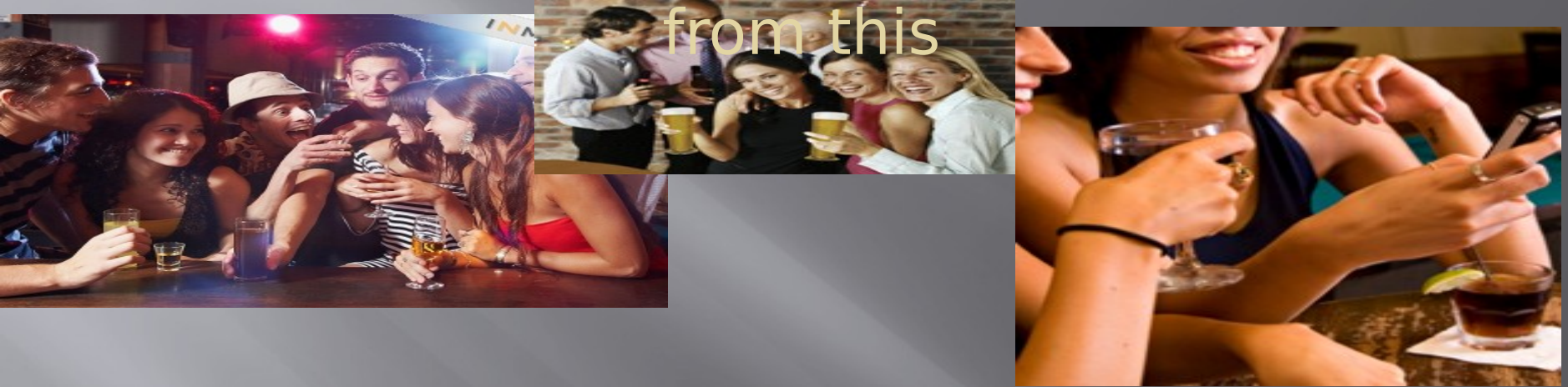


What you need to know about Alcohol-

A night out on the town shouldn't have to go



The Risks with Drinking Alcohol

Drinking alcohol is not inherently wrong- unless you're underage. Alcohol is a mood-altering depressant that impairs judgment. If it is misused, alcohol can cause harm to you and others. The more you drink, the risk increases. Those who chose to consume alcohol must know and understand the risks associated with excessive or abusive consumption.



Effects of Excessive or Abusive Consumption

Though abstinence is a worthy goal and healthy life endeavor, we cannot deny that the Marine Corps has a drinking culture. The problem lies when someone has never been told how to drink, only told not to drink. The result is experiences with alcohol that go awry... Excessive drinking increases risks to your health, to others, and to the Marine Corps' mission.

Short term effects

- ❖ Lowered Inhibitions
- ❖ Poor Coordination
- ❖ Blackouts and Loss of Memory
- ❖ Nausea Sickness
- ❖ Hangovers and Headaches
- ❖ Stupor
- ❖ Coma



Long Term effects

- ❖ Withdrawal symptoms
- ❖ Alcoholism
- ❖ Permanent damage to vital organs
- ❖ Liver Disease
- ❖ Diabetes
- ❖ Obesity
- ❖ Difficulty experiencing sexual arousal or climax for men and

Arming Yourself with the Right Tools

Low-Risk drinking will help you avoid feeling sorry for what has happened while you were drinking.



You can drink at Low-Risk levels and never have a hangover or morning after regrets. Arm yourself with a plan and stick to it.



The following are some tips to help you lessen the risks associated with drinking and derive more enjoyment and pleasure from drinking ...if you choose to consume alcohol.

A photograph of a group of people at a bar. In the foreground, a woman with dark hair is smiling and looking towards the right. Behind her, a man with short dark hair is also smiling. In the background, another man is visible. The bar is well-lit with warm lights and has various bottles on the counter.

Always have a **plan**

- Best nights start with a plan
- Arrange a meeting place
- Pick a responsible mode of travel (designated driver, taxi, public transportation)
- Ensure your cell phone is charged
- Contemplate all aspects of the evening
- Stick with the plan





Battle buddies or “engaged bystanders” never leave a Marine behind when they become high risk drinkers

Be there for friends

.....From the **beginning** of the night till the **end**

in some situations- Don't let them drink more than they should

- If the high risk drinkers become “inappropriate”, step in and put a stop to it. Don't let them be “That Guy”



Become Familiar with your Surroundings



- Stay with friends
- Know how to get to the nearest public transportation
- Have a phone available and emergency contact numbers on your person

- Know where you are
- Watch your drinks
- Know where the bathroom is located





Eat food

- Skipping meals is not smart
- Have a moderate snack
- Stomach absorbs about 20% of alcohol ,while the small intestine absorbs about 80%
- Slows the absorption through your blood stream
- Full stomach = Not





Choose wisely

- Learn the names of fine wines, whiskeys and beers (drink quality over quantity)
- Beware of unfamiliar and deceiving drinks
- Ask what a drink contains before drinking (i.e. Zombies, Sex on the beach...etc..)



- Avoid sugary drinks
- Chose beer over liquor
- Sugar + alcohol is a potent combination ...and mixture of both makes a hangover much, much worse the morning after

Alcohol Content

Type	Info	% Alcohol
Non-Alcoholic Beer	Many varieties	0.3%
Light Beer	Many varieties	2.41%-4.52%
Regular Beer	Many varieties	4.27%-6.04%
Wine or Wine Cooler	White, Red, Champaign, Dessert Wine, Wine Cooler	4%-18%
Liquor	54-101 Proof	40%-95%
Mixed Drinks	Depends on the drink & proof of the liquor/liqueurs that go into it. One shot of 80 proof contains 4/10 ounce of alcohol (11.8cc)	

Alcohol Content- Standard Glass



**Fortified
Wine
Glass: 60ml
Alcohol
content:
10.ml-
17.5%**



**Beer
Glass:
285ml
Alcohol
content:
11.4ml-4%**



**Wine
Glass:
100ml
Alcohol
content:
11.5ml-
11.5%**



**Spirit
Glass:
200ml
Alcohol
content:
11.4ml-
contains
(1) 30ml
nip of
spirits
(20%)**



Take your **time**

- Don't drink unfamiliar drinks
- Avoid going out with the sole intention of getting "drunk" (Sip don't guzzle)
- Know when to cut yourself off before someone else does
- One drink an hour will keep you in control of your faculties and avoid drunkenness
- Skip a drink now and then and drink water in between drinks
- Refrain from playing drinking games
- Stop drinking if you feel you're getting drunk





Get home **safe**

- Don't assume you are safe to drive
- Have safe alternatives (Designated Driver, taxi..etc.)
- DO NOT get into a car driven by someone who has been drinking
- DO NOT get in to a car with a stranger



The morning after Food for thought.....

Your BAC, when driving the morning after drinking, depends on a number of factors. These include your weight, how much alcohol you consumed and when you stopped drinking. Whether you drive to work sober or legally drunk depends on how much time has passed since your last drink. Even five hours of sleep may not clear your blood of alcohol enough to drive legally. Keep in mind that alcohol will only clear with time - not with coffee or a cold shower.



Resources

MCCS Substance Abuse Programs
www.usmc-mccs.org/subabuse/

DSTRESS
www.dstressonline.com

Military OneSource
www.militaryonesource.com

Military Homefront
www.militaryhomefront.dod.mil